

**CLAIMS:**

1. An antenna for a medical device programmer, wherein the antenna defines an aperture with a channel formed to hold a portion of an item of clothing associated with a patient and thereby hold the antenna in a substantially fixed position relative to an implantable medical device.
2. The antenna of claim 1, wherein the aperture comprises a wide end to insert the portion of the item of clothing.
3. The antenna of claim 2, wherein the channel is substantially narrower than the wide end of the aperture.
4. The antenna of claim 1, further comprising a cable for connection to the medical device programmer.
5. The antenna of claim 1, further comprising grip surfaces to grip the antenna.
6. The antenna of claim 5, wherein the grip surfaces are rubberized.
7. The antenna of claim 1, wherein the aperture comprises a wide end with a tear drop-like shape to insert the portion of the item of clothing.
8. The antenna of claim 1, further comprising an insulative telemetry head housing that encases the antenna.
9. A method comprising:  
positioning an antenna relative to an implanted medical device, wherein the antenna defines an aperture with a channel; and

pulling a portion of an item of clothing through the channel in the antenna to thereby hold the antenna in a substantially fixed position relative to the implantable medical device.

10. The method of claim 9, wherein the aperture comprises a wide end to insert the portion of the item of clothing.

11. The method of claim 10, wherein the channel is substantially narrower than the wide end of the aperture.

12. The method of claim 9, wherein the antenna includes a cable, the method further comprising connecting the cable to the medical device programmer.

13. The method of claim 9, further comprising gripping grip surfaces on the antenna during positioning of the antenna.

14. The method of claim 13, wherein the grip surfaces are rubberized.

15. The method of claim 9, wherein the aperture comprises a wide end with a tear drop-like shape to insert the portion of the item of clothing.